

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

NOVEMBER 2016

Peter Pumpkin Squares White Turkey Chili Baked Apple Chips Turkey Tostadas Twice Baked Sweet Potatoes

Peter Pumpkin Squares

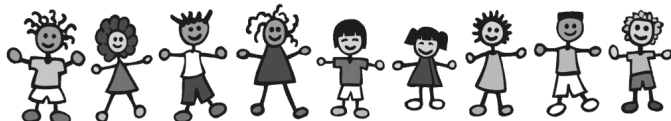
1 can (15 ounces) pumpkin
1½ cups brown sugar
4 eggs
¾ cup oil
1½ cups all-purpose flour
1½ cups rolled oats
1 tablespoon cinnamon
2 teaspoons baking powder
1 teaspoon baking soda



1. Heat oven to 350 degrees. Coat a 9x13 inch baking pan with cooking spray.
2. In a medium bowl, stir together pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix, and stir well.
5. Pour batter into the baking pan.
6. Bake for 30 minutes.

Recipe Source: www.whatscooking.fns.usda.gov

Nutrition Note: This recipe makes 24 servings. Each serving has 180 calories, 8 grams of fat, 3 grams of protein, 25 grams of carbohydrates, and 110 milligrams of sodium.



Tips for Raising Healthy Eaters

Kids love helping in the kitchen. Give them small jobs to do. Praise their efforts. Their smiles will light up your kitchen.

White Turkey Chili

1 tablespoon oil
1 small onion, chopped
2 cans (15-16 ounces each) navy beans (low sodium preferred)
1 cup diced carrots
5 cups water
2 tablespoons chicken bouillon
1 can (4 ounces) diced green chilies
1 teaspoon chili powder
½ teaspoon oregano
½ teaspoon cayenne or red pepper
2 cups chopped cooked turkey or chicken
½ cup fat-free sour cream
1½ cups Monterey Jack cheese, shredded



1. In a large skillet, sauté the onion in the oil.
2. Combine the cooked onion with all the other ingredients, except sour cream and cheese, in a large kettle.
3. Place on the stove and simmer for 30 minutes.
4. Stir in sour cream just before serving. Top with cheese.

Nutrition Note: This recipe makes 8 servings. Each serving has 280 calories, 10 grams of fat, 23 grams of protein, 22 grams of carbohydrates, and 620 milligrams of sodium.

Breastfeeding:

"It is healthy for my children. It is very convenient and a lot less spendy."



~ Elizabeth, WIC Breastfeeding Mom from the Minot

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Baked Apple Chips

2 large apples
Cinnamon (optional)



1. Heat oven to 200 degrees.
2. Rinse apples and cut crosswise into thin slices. Cut out the core if desired.
3. Arrange slices in a single layer on baking sheets. Sprinkle lightly with cinnamon if desired.
4. Bake for about 1 hour. Turn slices over. Continue baking until dry with no moisture in the center (1 hour or more depending on thickness).
5. Remove from oven and cool.

Recipe Source: www.foodhero.org

Nutrition Note: This recipe makes 2 servings. Each serving has 100 calories, 0 grams of fat, 0 grams of protein, 25 grams of carbohydrates, and 0 milligrams of sodium.

Turkey Tostadas

2 cups cooked turkey
 2 tablespoons taco seasoning (low sodium preferred)
 1½ cups water
 4 corn tortillas
 ¼ cup fat-free refried beans
 ½ cup reduced-fat cheddar or Monterey Jack cheese, shredded
 ½ cup chopped tomatoes
 ½ cup shredded lettuce
 2 tablespoons chopped onion
 ½ cup taco sauce
 Low-fat or fat-free plain yogurt (optional)
 Guacamole or mashed avocado (optional)

1. In a large skillet over medium heat, combine turkey, taco seasoning, and water. Bring to a boil, reduce heat, and simmer 5 minutes, stirring occasionally.
2. Place tortillas on a cooking sheet. Bake at 375 degrees for 4-7 minutes or until tortillas are crispy.
3. Spread tortillas with a tablespoons of beans. Top with ¼ meat mixture and cheese.
4. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
5. Top with tomatoes, lettuce, onions, and taco sauce. Garnish with yogurt and guacamole if desired.

Recipe Source: www.whatscooking.fns.usda.gov

Nutrition Note: This recipe makes 4 servings. Each serving has 230 calories, 4 grams of fat, 26 grams of protein, 20 grams of carbohydrates, and 420 milligrams of sodium.



Turn Off the TV

Clean up! Spread out a bunch of small items in a room. Have your child crab walk to each item on his or her tummy and then crab walk the item to a new spot.

Source: Head Start Body Start

Twice Baked Sweet Potatoes

Bake 2 sweet potatoes and 2 white potatoes in a 400 degree oven until soft. Scoop potatoes out of their shells and mash together. Season to taste with butter, salt, and pepper and stuff back into shells. Bake 10 more minutes.

Source: Nutrition Matters™, www.numatters.com



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

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GROWING HAPPY FAMILIES

Cooking together can mean more “mommy/daddy and me” time on busy days.

- Ask your child to help with easy tasks, like adding veggies for toppings to a cheese pizza.
- Let your child choose which veggies to add to soup. (Only an adult should heat and stir hot soup.)
- Make sandwiches together.

What can children do in the kitchen?

2-year-olds	3-year-olds	4- to 5-year-olds
Make “faces” out of pieces of fruits and vegetables.	Add ingredients.	Peel some fruits and vegetables, such as bananas.
Scrub vegetables or fruits.	Stir.	Cut soft fruits with a plastic knife.
Tear lettuce or greens.	Spread peanut butter or other spreads.	Wipe off counters.
Snap green beans.	Shake a drink in a sealed container.	Mash soft fruits, vegetables, and beans.
	Knead bread dough.	Measure dry ingredients.
		Measure liquids with help.